



California Department of Aging



StayWell by Taking Care of Your Bones

Osteoporosis the "Bone Thief" is Preventable!

Osteoporosis is not just an "old person's" disease. It can happen at any age, but risk increases with age.

Osteoporosis is a disease that thins and weakens bones to the point where they break easily – especially bones in the hip, spine (backbone) and the wrist. You can lose bone mass over many years. Because you may not notice any symptoms until a bone breaks, osteoporosis is called the "silent disease."

Who Gets Osteoporosis?

More than 10 million Americans have Osteoporosis

- One out of two women and one in eight men aged 50 and over will have an osteoporosis related fracture during their lives.
- Caucasian and Asian women are most likely to get osteoporosis.
- Women who have a family history of the disease, early menopause, or small body frames are at greatest risk.

4 Ways to Prevent Osteoporosis

1. Adopt a diet that is rich in calcium and vitamin D
2. Get regular weight-bearing exercise
3. Avoid smoking
4. Limit alcohol intake

How is Osteoporosis Treated?

Along with making lifestyle changes, there are several medication choices. Some will slow your rate of bone loss and others will actually rebuild bone. Discuss medications with your doctor that may be right for you.

The above information provided by the National Institute on Aging.
The StayWell Program is sponsored by the California Department of Aging.
For senior services and programs available in your local area call 1-800 510-2020, TTY 1-800-735-2929.



This publication can be made available in alternative formats such as Braille, large print, computer disk, and tape cassette. Requests should be made to the CDA External Affairs Office at (916) 322-3887.
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